



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

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Thomas Behrens

□□: Ultrafriesen e.V.

□□: 1059

□□: 160.00 km

100 Meilen

□□□□:

Senioren M55 (55-59) M

□□□: 27:41:04

□□: 5.78 km/h

□□□□: 10:22 min/km

□□□□□/□□□: 49 (of 70)

□□□□□/□: 45 (of 63)

□□□□□□: 17:03:47

□□□□□: 5(of 9)

□□□□□□□: 20:21:43

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Hörselberg	42.00	5:53:04	8:24	6	1:34:57	51	2:17:29	42.00	5:53:04	8:24	6	1:34:57	51	2:17:29
Sondra	28.00	6:53:00	14:45	6	3:14:36	52	3:32:25	70.00	12:46:04	10:56	6	4:49:33	51	5:48:29
Glasbachwiese	17.00	3:08:16	11:04	3	45:29	39	1:09:51	87.00	15:54:20	10:58	7	5:35:02	55	6:45:02
Floh-Seligenthal	27.00	4:07:46	9:10	2	40:07	31	1:22:44	114.00	20:02:06	10:32	6	6:15:09	50	7:52:29
Finsterbergen	24.00	3:49:32	9:33	3	42:02	30	1:27:51	138.00	23:51:38	10:22	5	6:57:11	48	9:05:13
Fröttstädt	22.00	3:49:26	10:25	4	3:49:26	30	3:49:26	160.00	27:41:04	10:22	5	7:19:21	45	10:37:17